

om the sidelines  
 Clarke Holiday  
 Tournament is a first

Clarke decided to hold  
 own tournament this year  
 Loras College decided to  
 the National Collegiate  
 Tournament (NCT) to  
 her. This will be the  
 Clarke to have  
 own tournament  
 continue the  
 that the  
 started in  
 holiday  
 event.

Athletic director  
 Lon Boike  
 men's head coach John D  
 are serving as the executive  
 directors of the tournament  
 with former Clarke head  
 Ed Colbert and Jan Lester  
 Erwin/McGraw-Hill.

So while you are at home  
 ing leftovers and sitting on  
 couch watching TV, remember  
 that there are still people who  
 representing Clarke College  
 displaying our pride.

Even though it's a little early  
 good luck to all of the teams  
 will be playing over the  
 Christmas break.

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# CLARKE

# Courier

Dec. 12, 1997

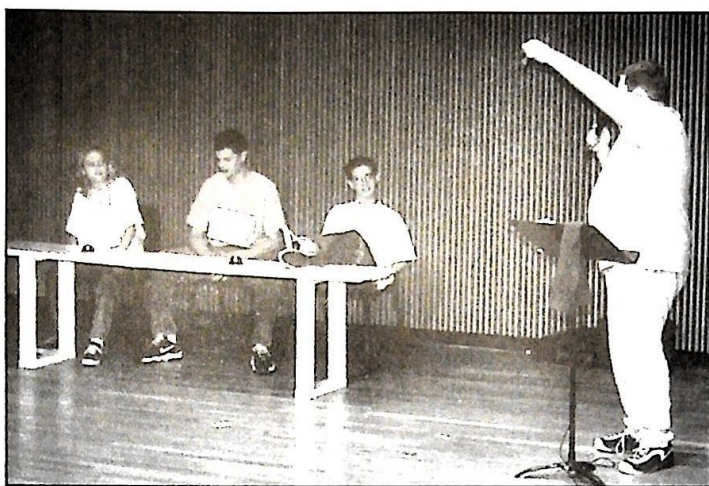
Clarke College  
 Dubuque, IA

VOL LXX ISSUE TEN

## what's UP

### • Opportunity to Relax

Are the stresses of finals getting to you? Relax and sign up for a massage by physical therapy majors. The COSPT's Massage Clinic will be held on Friday, Dec. 12, from noon to 5 p.m., in the physical therapy classroom on the lower level of Catherine Byrne Hall. The organization is asking for a \$2 donation which will buy you a three to five minute massage. Walk-ins are welcome.

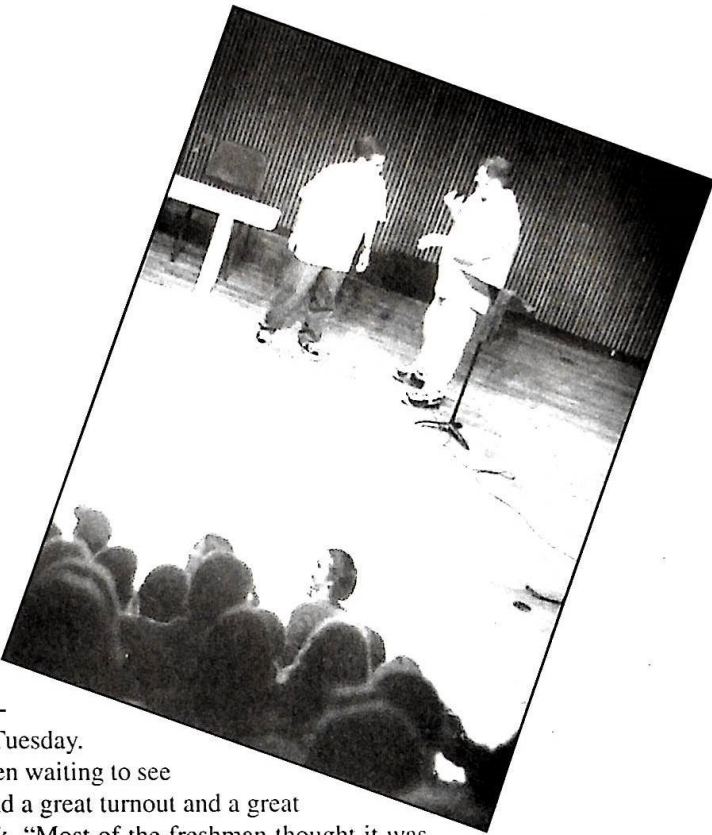


photos by Takumi Ichimura

### All in good fun

Above: Junior Heidi Wagner, sophomore Scott Schuessler, junior Tommy Haggas and senior Jason Koltes perform in skits portraying the idiosyncracies of the freshman class at Clarke. To the left: Junior Tommy Haggas and senior Jason Koltes act out a game show segment during *Freshman Welcome*. *Freshman Welcome* was held on Tuesday.

Jansen Music Hall was packed with both freshman and upperclassmen waiting to see the humorous skits welcoming the freshman class to Clarke. "We had a great turnout and a great time," said Sophomore Class Board Vice President Alyson Jirmasek. "Most of the freshman thought it was really funny to see their characters on the stage and the upperclassmen got a good laugh at the actors as well."



## Walking a tightrope?

Advice on surviving finals stress

By NICOLE WALBRUN  
 Staff Reporter

A hhhhhh, yet another groveling finals week approaches. Another torturous week of hair-pulling, late-nights, gallons of Mountain Dew, hovering over your books. But wait, there just might be some answers on how you can relieve your finals week blues. Bud Edwards, director of counseling, has a hand-out with tips on how to lighten your load going into next week, and hey, you just might save some strands of hair in the process.

So Quick! Grab your balancing pole before answering the following question: Do obligations, deadlines, setbacks and other pressures have you walking a tightrope caused by stress? Then learn from the performers who walk tightropes for a living. A few simple rules can help you make it safely to the other side.

1. Work with a net. When you're under pressure, use available support whether it comes from friends, co-workers or family. You may need someone to help you with your obligations or to confide in.

continued on page 2.

## Students offer tips on ways to handle finals

Some students take a change in atmosphere approach going into finals week. Katina Kaalberg, sophomore physical therapy major, likes to relieve her stress by "getting off campus and getting far away from it all." Bridget Kanter, senior P.T. major, likes to, "Spend at least one day engaging in socially enlightening activities away from campus."

Other students take a more relaxed view of finals week. Senior business major Isaac Young likes to "get lots of sleep," and, we hope, not miss his finals.

Suzanne Huxel, senior art major, and Angie Petit, senior music/communication major, take the holistic route. Huxel enjoys "lots of exercise" and indulging herself in "hot baths" while Petit prefers to "burn candles" for stress relief.

### •Christmas Dinner

The annual Clarke Christmas Dinner is tonight, Friday, Dec. 12. The reception will begin at 5:15 p.m., in the Atrium followed by dinner in the main room at 6 p.m. Admission is free for Clarke students, faculty and staff and \$6.00 for others.



## datebook

### EVENTS

#### FRIDAY

12

Last day of classes  
 Liturgy Feast of Our Lady of Guadalupe  
 Dubuque St. Patrick's Church 6 p.m.  
 Christmas Dinner  
 Reception @ Atrium 5:15 p.m.  
 Dinner @ Main Dining Room 6:00 p.m.  
 Movie Men in Black  
 Union 8 p.m.  
 Christmas Dance  
 Atrium 9 p.m.-1 a.m.

#### SATURDAY

13

Dubuque Tri-college Rugby Club meeting  
 Graber Center Loras College 6:30 p.m.  
 Dubuque Fighting Saints vs. North Iowa  
 Five Flags Arena 7 p.m.  
 Dubuque Area Men's Chorus  
 Grand Theatre 8 p.m.  
 Movie Men in Black  
 Union 8 p.m.  
 Candlelighting Service  
 Clarke's Sacred Heart Chapel 10 p.m.

#### MONDAY

15

Final Exams

#### TUESDAY

16

Final Exams

#### WEDNESDAY

17

Final Exams  
 All residents must leave  
 24 hours after last final.

#### THURSDAY

18

Final Exams  
 Bookstore Open House  
 9 a.m.-4:30 p.m.  
 Have a great Christmas Break  
 See you next semester



Merry  
 Christmas to  
 Students and  
 Staff from the  
 Clarke  
 Courier.



Tommy Haggas

## gray areas

## I'm dreaming of a gray Christmas

Okay, so Christmas is quickly approaching and soon it will be time to go home. Also, New Years will take place before I can write the next column. So this last article will act as two things: A Christmas list and a retrospective of the past year. Pretty neat, huh?



- ◆ I want all the freshmen to watch *2001: A Space Odyssey* over the break so I can find out what they really think.
- ◆ I want a Dubuque Taco Bell. Enough said.
- ◆ I want 1998 to be free of stupid sequels.
- ◆ I want the eighties back.
- ◆ I want the computers to stop eating my papers.

◆ I want Coke back, (but only because I like Mr. Pibb).

◆ I want a 24-hour *South Park* Channel. I understand that they only have a handful of episodes, but they could just run them over and over. I don't mind. Beefcake!

◆ I really want the computers to stop eating my papers.

◆ I want Nebraska to win and Michigan to lose.

◆ I want everyone who died over the past year to come back. Especially Jimmy Stewart, Mother Theresa, Princess Diana, and even John Denver.

◆ I'd also like one of those DVD movie players, but if it's a question between Jimmy Stewart or the DVD player, I'd like to have Jimmy back.

Merry Christmas and see you all in 1998!

Christmas is one of the favorite seasons of the year. Here are some of the things that Clarke students wrote down on their list for Santa Clause to bring.

Senior Pauly Vanderkrulk: "I would like some fugue lights, rims, interior lights for my truck and a new jacket."

Freshman Rachel Pickett: "I want a new watch and money to buy clothes. And most importantly, I want a good vacation."

Freshman Jose de Jesus: "I would like a snow board and money."

Senior Jennifer McGreevey: "I want something old, something new, something borrowed, and something blue."

Senior Wendy Schultz: "I would like a leather jacket, but I really would like to have someone who pays all my credit cards."

Senior Elisa Guyader: "What I want for Christmas is happiness for everyone and sleep for myself."

Junior Cathey Swanson: "What I want for Christmas is a plane ticket to Colombia so I can study there this summer."

Sophomore Christopher Aird: "I would like a plane ticket so I can spend all summer in Puerto Rico."

Senior Michelle Ansel: "I would like an IBM computer and, of course, money."

Freshman Jorge Osorio: "I just wish to have a nice Christmas with my family and friends."

Junior Tricia Brimeyer: "I would like a pullover coat with a fleece lining and attached hood."

Freshman Wendell Hampton: "I would like a cruise to Jamaica where everyone's mind is free."

Sophomore Sharon Bourdon: "I would like that Christmas goes slowly so I can spend more time with my family, my boyfriend and friends."

Senior Eric Christianson: "I would like a one-way ticket out of Dubuque."

(NOTE: If anyone has a lead on a coat for Tricia, please feel free to give her a call!)

--Gredel Berrios

## FROM THE Editor

## Paulsen bids farewell to Courier

If someone would have told me at the beginning of the semester that I would spend over 12 hours every week working on a class project, and enjoy it, I would have called them crazy. What, I would have asked, would take so much of my time?

When I accepted the position as editor of the *Clarke Courier*, I had no idea what I was getting myself into. I figured I would read a few stories, edit them, and stick them on paper. I mean, how hard could that be?

Well, it wasn't anything like I expected. Few people realize all that is involved in the creation of this paper. This semester I have been responsible for finding story ideas, assigning them to staff reporters, editing the written stories at least five times, laying out the paper in the PageMaker program (from 8 a.m. to around 10 p.m. on Wednesdays), and proofing the paper before it goes to the printer. Despite all of this, I highly recommend this job to anyone pursuing a career in writing, layout, advertising or public relations.

During the spring semester of my sophomore year, I was the advertising manager for the *Courier*. That same semester I applied for an advertising internship with the *Cedar Rapids Gazette*. I sent in my resume, and when I didn't receive a response from *The Gazette*, I called. The human re-



sources director told me my resume was passed over because they usually only hire interns who are beginning their senior year in college. She reviewed my resume again while we were on the phone and noticed I worked on the school newspaper. To make a long story short, because of my *Courier* experience, I got the job and started the day after I returned home from school.

As a communication major with an emphasis in public relations, the experience of being an editor makes a great contribution to my portfolio and resume. As an editor, I have learned many features of page layout and have improved my writing greatly; besides, I have had a lot of fun in the process.

*The Courier* has taken on a great change this semester. We have adopted a new design, have a new group of reporters, and were given new advisor Diana Russo to guide us in the process. The semester has been hectic with all of the changes, and I would like to thank all of you who have remained supportive of our efforts to create a new and improved publication. I would also like to thank all of the students, faculty and staff members for complimenting the new look of the paper.

Working with this publication has given me a new confidence in myself. I now know what I am capable of providing. Unfortunately, I will not be with the staff next semester. I cannot fit the workload into my schedule, but I would like to encourage anyone interested in writing, editing, or advertising to join the staff of the *Clarke Courier* next semester.

I've had a great time and I wish luck to all of you who enroll in the class next semester. Thank you.

-Tracy Paulsen



## Finals Tightrope

continued from page one

2. Maintain your balance. Don't neglect your needs. This will push you into the stress trap. Whether it's a night out each weekend or a spiritual activity, take time for yourself.

3. Look ahead. Looking down or back can throw off your routine.

4. Handle your most pressing deadlines first. If possible, don't move on to the next one until you've completed what you're already working on.

5. Focus on your objective. Becoming sidetracked by details can only add pressure.

6. Practice. Look for ways to become more efficient. Or learn how to enjoy leisure time when you have it. For many people enjoying leisure takes lots of practice.

7. Know your limitations. When you're under too much pressure, you may not be a safe driver or as reasonable in a disagreement.

8. Relax between "performances." No one can stand much pressure without a break. Seek out the activities that relax you most and try to make time for them.

CLARKE

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Jacob Tomko

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Giselle Laurent, Adriana Lopez

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Kathleen Serrurier, Nicole Walbrun,  
Jolene Worzalla, Giselle Laurent

Advertising Manager Tricia Brimeyer  
Advertising Nicole Walbrun

Adviser Diana Russo

*The Courier* is a student-produced newspaper for the Clarke community. Opinions expressed herein do not necessarily reflect the opinions of the faculty, staff, or administration of the college. The *Courier* welcomes input from members of the Clarke community. Please send comments to P.O. Box 1508, Clarke College. Letters must be signed and may be edited for content and length. The *Courier* is a member of the Associated Collegiate Press.

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Dec. 12, 1997

ESL students

By Tricia Brimeyer  
Staff Reporter

Making arrangements to return to Clarke and cherishing every last minute of Christmas break among the many things students will be doing on January 16. However, there are a few students who will be full of excitement, overwhelmed with curiosity, and eager to begin the new semester.

These students are those who make up the first group to come to Clarke to study under the English as a Second Language (ESL) program.

Clarke is expecting around eight students from such countries as Colombia, Ecuador, Brazil and Taiwan. The students will begin an orientation process similar to that of incoming freshman.

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Dec. 12, 1997

Dec. 12, 1997

CLARKE News

3

## ESL students bring new dimension to campus

By Tricia Brimeyer  
Staff Reporter

Making arrangements to return to Clarke and cherishing every last minute of Christmas break are among the many things Clarke students will be doing on January 16. However, there are a few students who will be full of excitement, overwhelmed with curiosity, and eager to begin the new semester.

These students are those who make up the first group to come to Clarke to study under the English as a Second Language (ESL) program.

Clarke is expecting around eight students from such countries as Colombia, Ecuador, Brazil and Taiwan. The students will begin an orientation process similar to that of incoming freshman.

They will then be divided into three educational levels: beginner, intermediate and advanced. They will spend one semester at Clarke with the hope of becoming proficient enough to continue their studies.

*She would like to have current students help incorporate the new students into Clarke activities.*

The goal of this program is to allow the students to experience American culture as well as to strengthen their English skills.

Sister Mary Martens, BVM, the director of ESL, has worked to build the new program and to create a curriculum in conjunction

with Student Life and Career Services. Her intent is to "encourage an environment that is welcom-

getting for Clarke students: "Sharing of cultures is important, especially as Clarke is expanding.

The more we can learn from each other with personal contact, the more successful a world we can have."

Martens is currently on a trip to Japan where she is broadening her knowledge of the Japa-

nese culture. She says this trip is important in that she will be more able to relate to students who come from Japan. She also hopes to encourage more students from this country to come to Clarke.

*Although this is the first group to arrive under this program, Clarke has hosted many international students over the years. Camilo Tamayo, admissions representative, has played a major role in encouraging international students to come to Clarke. The success of these students at Clarke prompted the development of this program.*

ing." She adds that she would like "to have current students help incorporate the new students into Clarke activities."

Martens describes the program as an experience of giving and

## Off the Deep End Problems plague pool

By MICHELLE ANSEL  
Staff Reporter

Clarke's swimming pool has been closed for a month because the plaster on the ceiling above the pool has been falling into the pool. Fred Freebolin, head of the physical plant, along with Kate Zanger, vice president of student life, made this decision because of the possibility of the swimmers being hit by falling plaster.

There is a weight room above the pool. "One of the main reasons for the plaster falling from the ceiling is the free weights being dropped on the floor after weightlifting, causing vibrations to transfer down to the ceiling," said Freebolin.

To solve the problem, the decision was made to move the weight room down to the basement of the Kehl Center where there is a concrete floor. The physical plant is planning to move the free weights and fix up the room during Christmas break.

Another problem is the humidity in the pool room. Clarke has hired an engineer from Ament Engineering in Cedar Rapids to study the pool area and suggest a dehumidification system.

"The humidity is not good for the plaster or paint in the pool room," said Freebolin. This will be helpful in making the pool area more comfortable. "The pool reflects on how Clarke looks. It needs to be upgraded," said Freebolin.

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*Hassad Rashid,  
a student at Loras,  
does the final  
Harambe chant  
at the Kwanzaa  
cermonies Tuesday  
in Sacred Heart  
Chapel.*



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**Update on  
Clarke Radio Station**

Updating last week's story on the move to revive a campus radio station, Abdul Sinno, Ph.D., Chair of the Communication Department, says that plans for such a station are definitely in the Communication Department's future.

"We expect to announce more news in the near future," says Sinno.

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To apply for work on the *Catalyst* or *Courier*,  
contact Diana Russo, Communication  
Department at ext. 6306.



## Lady Crusaders are looking tough at start of season

by DARREN DYKSTRA  
Sports Reporter

The 1997-1998 Women's Basketball team is out of the gates and running. The season is underway, and from the way the Lady Crusaders are playing, a lot of excitement is coming your way.

The Lady Crusaders (2-3), have gone into the season this year with fire and enthusiasm. The one point that has really motivated the team is that all five starters are returning from the 1996-1997 season.

The team has also recruited excellent talent for the 1997-1998 season.

Leading the way for the Crusaders this season has been junior forward Deann Trapp. Trapp is currently leading the team with an average of over 20 points per game.

Trapp doesn't stop there; she is also leading the team in rebounds. She is averaging over 10 rebounds per contest.

Trapp has been named "Player of the Week" twice this year, and the season is only three weeks old.

Assisting Trapp in the starting five is senior point guard Julie Bex, junior forward Carolyn Bell,

senior guard Jill Christopher, and sophomore center Laura Marshall.

This dominant team line-up has been subject to change throughout the first five games. Others seeing valuable playing time are freshman Megan Koppenhoefer, last year's "Freshman of the Year," sophomore Melissa Sohre, and senior forward Allison Christianson.

With this astounding line-up, the Lady Crusaders are definitely going to be in the run for the NIIC Championship come February.

## Men's Volleyball gears up for '97 season

by JOLENE WORZALLA  
Sports Reporter

A trip to California over Spring Break will highlight the Men's Volleyball season.

"I am really looking forward to our games in California," said junior George Tadros.

The team will compete against several teams while also having some fun in the sun.

The men have a very long season with practices in the second week of October and regular season games until April 3. If the team does well, it has the oppor-

tunity to make it to the NCAA Division III Final Four held in early May.

In 1999, the team will automatically qualify to play in the Final Four because Clarke will host the tournament that year.

This year the men boast a strong returning force as well as some new talent. Those returning include seniors Kyle Anderson and Clint Rogers, juniors George Tadros and Troy Weisgram, and sophomores Ken Porter and Scott Schuessler. New members include freshman Jose DeJesus, Josh

Knepper, Chris Kozak, and Bill McNally.

"We plan to be very competitive in the new league," said Schuessler in reference to the NCAA Division III teams.

Loyola, Ohio State, and Chicago are some of the upper Division schools that Clarke will face this season. In preseason, which was concluded this past Friday, the team has proven that it will be competitive.

Regular season matches begin on Jan. 16 at Kendall College in Chicago, and Jan. 17 at Louis College.

## News from the sidelines

### As the curtain falls...

By MIKE CYZE  
Sports Editor

Six more days, and we can all go home...

But, until then, we need to keep our noses to the grindstone and continue working hard so that we can all do well on our finals.

This will be my last issue as the sports editor, and I would like to take a few minutes to reflect on the past semester.

First of all, I would like to say a few words in response to the *To The Editor* column published in the December 5 edition of the *Courier*.

Let me say, to begin, that I don't want to get into a giant defense. All I can say is that I am doing the best job that I can with the resources available.

I don't think that many people understand the time that is involved in the production of a newspaper. The paper doesn't just magically appear on the page. It takes many long hours to complete.

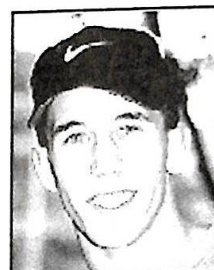
If you would like to see an improvement in the quality of the sports section, please give constructive criticism. You are also more than welcome to enroll in

CO 230. It meets every Monday at 4:00, and continues until the paper is ready to be sent to the printer. I'm sure that the editors would be more than happy to see another sports reporter on the staff.

Anyway...this semester has been a great experience, and I have learned a lot about the newspaper.

I would like to thank Sports Information Director Jerry Hanson for the press releases, and the staff of the *Courier* for their support and professionalism. Special thanks to editor Tracy Paulsen, advertising manager Tricia Brimeyer, and adviser Diana Russo.

It has been my pleasure serving as the sports editor, and I would like to wish everyone good luck on their finals.



## Closing out the semester Sports Calender

### Men's Basketball

Dec. 13	vs. Luther College	7:00
Dec. 29	@ Xavier-LA	TBA
Dec 31	Clarke Holiday Tournament	
Jan. 7	@ Knox	7:30
Jan. 10	vs. Cornell	7:00
Jan. 13	vs. Pillsbury	7:00
Jan. 17	@ Eureka	7:30

### Women's Basketball

Dec. 12	vs. Concordia-MN	5:30
Dec. 29	vs. Mt. Mercy	7:00
Dec 31	Clarke Holiday Tournament	
Jan. 7	vs. Marycrest Int.	7:00
Jan. 15	vs. Marion	7:00
Jan. 17	@ Eureka	5:30



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Kennedy Center Acti...  
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lege Theater Festiva...  
sas City, Mo. Saturda...  
Kortemeier received...  
acting award given th...  
his performance of "...  
Clarke's production o...  
from the Bridge.

Clarke Professor...  
Resnick's composi...  
Novel Idea," was e...  
the Iowa Composers...  
performance at their...  
festival's Chamber...  
cert. The festival w...  
at Luther College i...  
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Nancy Lease.

• Photo fea...  
Clarke College T...  
marketing major Da...  
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Calendar,"...  
which is distributed t...  
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and pickups ranging f...  
to present models.